

## SNOWBOARDING

### 1.0 DEFINITIONS

1.1 RIDING – WHAT SNOWBOARDERS CALL SKIING ON A SNOWBOARD. THE RIDING STATION DISCUSSED BELOW IS RUN IN CONJUNCTION WITH THE SKIING STATION.

1.2 RIDING REGULAR – WHEN THE PERSON RIDES WITH THEIR LEFT FOOT FORWARD LEADING DOWNHILL.

1.3 RIDING GOOFY – WHEN THE PERSON RIDES WITH THEIR RIGHT FOOT FORWARD LEADING DOWNHILL.

1.4 SWITCH RIDING – WHEN THE RIDER LEADS WITH THE OPPOSITE FOOT FROM THEIR NORMAL RIDING STANCE.

1.5 TOE SIDE – WHEN THE RIDER IS FACING UPHILL.

1.6 HEEL SIDE – WHEN THE RIDER IS FACING DOWNHILL.

2

### 4.0 TOBOGGAN STATION

#### 4.1 EMPTY SLED

RIDER CAN USE ALL OF THEIR SKILLS, (INCLUDING FAST HEEL OR TOE SIDE SIDESLIPS) SHORT SWING, AND SHORT RADIUS TURNS TO KEEP THE SLED MOVING AND IN THE FALL LINE.

#### 4.2 FRONT LOADED

SENIOR CANDIDATES CAN BE INSIDE OR OUTSIDE THE HANDLES. TE CANDIDATES SHOULD DEMONSTRATE FRONT LOADED INSIDE AND OUTSIDE THE HANDLES. WHEN INSIDE THE HANDLES, THE CANDIDATE SHOULD BE ABLE TO DEMONSTRATE THE ABILITY TO MAKE TRANSITIONS. ALSO WHILE INSIDE THE HANDLES, IF THE CANDIDATE IS ON A TOE EDGE, IT IS OK TO FACE UPHILL WITH ONE HAND ON THE CROSS BAR AND THE OTHER HAND ON A HANDLE OR BOTH HANDS ON THE HANDLES. WHEN THE CANDIDATE IS FACING UPHILL – THEY SHOULD BE LOOKING OVER THEIR SHOULDER TOWARDS THE INTENDED ROUTE. TRY TO

8

*Senior Level:* Linked telemark turns, upper/lower body separation, equal weight distribution on skis (pronounced weighting of rear ski), smooth transition from one turn to the next without hesitation between turns (no beginning the turn in the telemark and finishing the turn in a parallel). No double pole plants. No lifting of skis off the snow.

*Trainer/Evaluator:* Same as senior with a more dynamic use of the ski and more dynamic body position. No double pole plants.

### 6.4 Skiability

#### 6.4.1 Moguls

*Patroller Level:* Linked telemark turns at a slower speed than upper level skiers, may have occasional parallel turns, may have hesitation in mid-turn or slight parallel prior to completion of the turn, double pole planting is acceptable at the patroller level

*Senior Level:* Linked telemark turns, upper body facing down the fall line, single pole plants must be used at the senior level but occasional double pole plants will be acceptable.

15

ENCOURAGE THE CANDIDATE, TO NOT TRANSITION AND MOVE THE HANDS AT THE SAME TIME.

WHEN A CANDIDATE IS OUTSIDE THE HANDLES THEY MAY OR MAY NOT TRANSITION FROM ONE EDGE TO THE OTHER. IF THEY START ON TOE SIDE, ENCOURAGE THEM TO NOT SPEND A LOT OF TIME TRAVERSING BACKWARDS TO THEIR BLIND SIDE.

WHEN OUTSIDE THE HANDLES, A CANDIDATE WHO RIDES REGULAR WILL HOLD ONTO THE LEFT HANDLE, A GOOFY RIDER WILL HOLD ONTO THE RIGHT HANDLE.

#### 4.3 TAIL LOADED

HEEL SIDE ONLY, NO TRANSITIONS. WHEN STARTING OUT, IT'S OK TO LET THE SLED PULL THE BOARDER TO A STANDING POSITION. ALSO IT'S OK TO LET THE SLED HELP THEM UP AND OVER THE BUMPS AS LONG AS THEY DON'T IMPEDE THE PROGRESS OF THE SLED.

9

## 7.0 SKILLS STATION

All skiers being evaluated on telemark equipment should be capable of performing each required maneuver on the same terrain, at the same level and using the same techniques as skiers on alpine ski equipment. In other words, a snowplow, sideslip, transition, kick turn and equipment carry is the same whether on Telemark equipment or Alpine equipment. Telemark technique may be utilized during transitions but is not required except that a T/E must be able to demonstrate telemark technique during transitions.

2

17

EDGE. A SENIOR CANDIDATE MAY SPIN THE BOARD (WITHOUT JUMPING OFF THE SNOW) IN A MANUEVER SIMILAR TO A TRANSITION FROM A STOPPED POSITION. THE CANDIDATE NEED NOT STICK THE LANDING TO BE SUCCESSFUL. A LITTLE SIDE SLIP WHEN LANDING A "JUMP 180" IS OK, HOWEVER IF THE CANDIDATE KEEPS FALLING DOWN OR SLIDES DOWN THE HILL MORE THAN A FEW FEET TO REGAIN CONTROL OF THE BOARD, THAT PERSON WOULD BE UNSUCCESSFUL.

### 3.2 SNOWPLOW

THE BOARDER WILL REMAIN ON HEEL SIDE AND SIDESLIP THE ENTIRE SNOWPLOW COURSE, MOVING FROM SIDE TO SIDE AS THE COURSE CHANGES DIRECTION.

### 3.3 TRANSITIONS

A TRANSITION FOR A BOARDER IS NOTHING MORE THAN SPINNING THE BOARD, ON THE SNOW, FROM ONE EDGE TO THE OTHER. A LOCAL CANDIDATE SHOULD BE ABLE TO TRANSITION IN A CORRIDOR, ROUGHLY TWICE THE LENGTH

6

## PART II TELEMARK SKIERS

### 5.0 DEFINITION OF THE TELEMARK TURN

To begin with we need to define what makes up a proper telemark turn. It may be very difficult for alpine T/E's to identify these components so let's start with the basic ones this year and expand as T/E's become more comfortable with the concepts. The primary concepts are in **bold**.

- **As one foot moves forward the other goes back at the same rate in a smooth continuous flow of motion.**
- **The motion in the telemark turn is a continuous fluid movement, not from a static position to another static position.**
- **There should be no hesitation or paralleling for even a short period as the skis pass each other during the turn at the senior and T/E level.**
- **There is pressure on the whole sole of the front foot.**
- **There is noticeable heel lift at the trailing foot.**

11

CONSISTENTLY WITH RESPECT TO SPEED AND SHAPE AS WHEN THE RIDER WAS RIDING IN THEIR REGULAR STANCE THE SENIOR CANDIDATE SHOULD BE ABLE TO RIDE SWITCH AT LEAST AT THE LOCAL LEVEL. A TE CANDIDATE SHOULD BE ABLE TO RIDE SWITCH AT LEAST AT THE SENIOR LEVEL.

FOR BOTH THE SENIOR AND TE CANDIDATE, THE CHANGE FROM RIDING THEIR NORMAL STANCE TO RIDING SWITCH CAN BE MADE BY SLOWING DOWN AND PIVOTING THE BOARD AROUND TO START RIDING SWITCH. THE RIDER SHOULD NOT HAVE TO STOP TO MAKE THIS TRANSITION.

on alpine (fixed heel) equipment or a snowboard.

## **6.0 SKI STATION**

### **6.1 Short Radius Turn**

*Patroller Level:* Linked telemark turns, may have hesitation in mid-turn or slight parallel prior to completion of the turn, ski may exhibit some skidding, but must be able to maintain control of speed. Single pole plants are desirable, however double pole plants are acceptable at the patroller level.

*Senior Level:* Continuous linked telemark turns (no beginning the turn in the telemark and finishing the turn in a parallel), upper body facing down the fall line, hips balanced (centered) between fore and aft contact points. Turns should be of a consistent rounded shape. No double pole plants. No lifting of skis off the snow. As in an alpine turn the skis will cross under the body.

*Trainer/Evaluator:* Same as senior with a more dynamic use of the ski.

